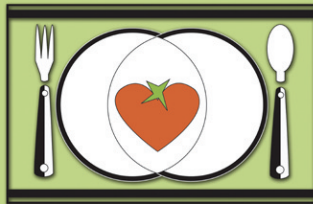


EAT TOGETHER!!

www.hood-meddac.army.mil/promo/april/



FAMILIES THAT **EAT TOGETHER** ACHIEVE TOGETHER...

RECENT STUDIES SHOW GREAT BENEFITS
FOR YOUNG PEOPLE THAT SHARE FAMILY MEALS TOGETHER:



HIGHER
SELF ESTEEM



HIGHER ACADEMIC
ACHIEVEMENT



LOWER RISK OF
SUBSTANCE ABUSE & DEPRESSION

AND MUCH MUCH MORE....